2/16/18 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB) ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE

http://www.colorado.feb.gov/

HAVE A PLEASANT AND SAFE PRESIDENT'S DAY HOLIDAY

CFEB EMPLOYEE RECOGNITION OPPORTUNITIES

Nominations are now open for the 2018 Rocky Mountain Eagle and United We Serve Awards

ROCKY MOUNTAIN EAGLE AWARDS

https://colorado.feb.gov/programs/awards/rocky-mountain-eagle/

PERFORMANCE PERIOD | Awards recognize on the job performance from January 1 – December 31, 2017

NOMINATION PERIOD | February 7 – March 16, 2018 | Deadline is 5:00 pm MT

UNITED WE SERVE AWARDS

https://colorado.feb.gov/programs/awards/united-we-serve/

Recognizing exemplary volunteer and community service by government employees in Colorado

PERFORMANCE PERIOD | Awards recognize volunteer service from January 1 – December 31, 2017

NOMINATION PERIOD | February 7 - March 16, 2018 | Deadline is 5:00 pm MT

2018 CFEB PUBLIC SERVICE RECOGNITION WEEK AWARDS CEREMONY

May 9, 2018 | 1:00 – 3:00 pm | Aurora Municipal Center, Aurora CO

###

ONLINE SOCIAL SECURITY ACCOUNT

Create your own MY Social Security account

Visit www.socialsecurity.gov/myaccount

To create an account, you must be at least 18 years of age and have:

- A valid E-mail address
- A Social Security number; and
- A US mailing address

Benefits to creating an account:

- Check your earnings and get your benefit estimates
- Get your benefit verification letter

If you receive benefits, you also can:

- Change your address and phone number
- Start or change your direct deposit

CFEB 2018 FED FORCE DRAGON BOAT FESTIVAL TEAM

The Colorado Federal Executive Board is soliciting new team members for the 2018 FED FORCE DRAGON BOAT TEAM. Teams are coed. Members must be present on race day and attend as many training sessions as practical. We will be competing in the 250M Flag Catching division. The team will compete only in that division.

DRAGON BOAT FESTIVAL – Sloan's Lake | July 28 & 29, 2018 – Festival Days | Race day is either the 28th or 29th TBD

TEAM TRAINING SESSIONS. Attendance is highly recommended so you're in shape to paddle. March – April at the Denver Federal Center Wellness Center (core strength training) and May – July: 2 times/week at Sloan's Lake and the Aurora Reservoir (synchronicity, technique and endurance). Practice dates and times are TBD.

APPROXIMATE COST: \$50-\$100

- ♣ There may be some other strength training opportunities | location and cost TBD
- Lake practices range from \$7-9 and depend on the cost of boat rental divided by the total number of paddlers.

Send email to Jeff Conn | jconn@colorado.feb.gov if interested no later than 2 March, 2018.

###

FEBRUARY

VETERANS HIRING EVENT

February 21, 2018 | 1:30 - 4:00 pm | William Reed Special Event Center, 6550 Specker Ave, Bldg. 1829, Fort Carson, CO | Veterans, Military Spouses, Active Duty & Reserve/National Guard members | For more information | www.ppwfc.org

###

DENVER FEDERAL SAFETY & HEALTH COUNCIL MEETING

February 21, 2018 | 1:00 pm | National Park Service, 12795 W. Alameda Pkwy, Conference Rm 10A, Lakewood, CO, | Free, will need Government ID to enter

CONTACT | Bruce Sanford | 303 289 0101 | bruce.a.sanford.civ@mail.mil

###

SUAS WORKSHOP - FIRE & LAW ENFORCEMENT AGENCIES

February 22, 2018 | 9:00 am - 12:00 pm | Centennial Airport, 2d Fl, 7800 S. Peoria St. Englewood, CO 80112 | Limited seating, RSVP is required: http://bit.ly/UASworkshop0218

Workshop is focused primarily on Fire and Law Enforcement, other "non-commercial" agencies, such as military, Search and Rescue, FEMA, DHS are welcome.

Familiarization with Centennial Airport Class D airspace and sUAS grid map

- sUAS classifications, operator classifications
- Overview of Part 107, SGI Addendum (formerly Emergency COA)
- Operating DOs and DON'Ts
- Procedures for authorization to fly in Centennial Airport Class D airspace
- Walk-through the Special Government Interest authorization/waiver process
- There is NO CHARGE for this workshop

CONTACT | Deborah Grigsby Smith | 720 272 4992

###

MARCH AND BEYOND

WRITING YOUR FEDERAL RESUME

March 7, 2018 | 9:00 - 11:00 am | Denver Federal Center, CFEB Training Room, Lakewood, CO | Free | Class is full, please email jconn@colorado.feb.gov for wait list.

###

2018 ROCKY MOUNTAIN SURVEYORS SUMMIT

March 7-9, 2018 | Begin 7:00 am | Arvada Center for the Arts & Humanities, 6901 Wadsworth Blvd Arvada, CO | Register at: https://www.plsc.net/2018 summit.php

The Professional Land Surveyors of Colorado (PLSC) invite you to be a part of the 8th Annual Rocky Mountain Surveyors Summit. The PLSC is dedicated to the improvement of land surveying education and practice. We encourage land surveying professionals and individuals interested in our profession to participate in our upcoming events, visit our Chapter websites and be involved! This is a great profession, and PLSC is here to support the profession to continually improve the survey practice within Colorado.

CONTACT | plsc@plsc.net

###

DEFENSE & VETERANS BRAIN INJURY CENTER (DVBIC) WEBINARS

Save the following dates in 2018 for the webinar's. Registration information to follow.

March 8 | May 10 | July 12 | September 13 | November 18

CONTACT Robin Wininger | 719 526 8636 | robin.r.wininger.ctr@mail.mil

###

SAFETY PREPAREDNESS CLASS "STOP THE BLEED"

March 12, 2018 | Denver Federal Center, Bldg. 41, Remington Arms Room, Denver, CO | Class – Free, Option to purchase Tourniquet Kit - \$25.00 | Limited Seating – registration required

9:00 - 10:30 am | Register: https://colorado.feb.gov/register/?ee=435
11:00 am - 12:30 pm | Register: https://colorado.feb.gov/register/?ee=436
1:00 - 2:30 pm | Register: https://colorado.feb.gov/register/?ee=437
3:00 - 4:30 pm | Register: https://colorado.feb.gov/register/?ee=438

INSTRUCTORS | Centura Health Trauma Team members
CONTACT | Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

PEACE CORPS ONLINE INFO SESSION

Serve Where You're Needed Most

March 12, 2018 | 6:00 – 7:00 pm MT

Register Online: https://www.peacecorps.gov/events/info-session-serve-where-youre-needed-most-2018312/

Serving in the Peace Corps is a great way to immerse yourself in a new culture, learn a new language, and have the experience of a lifetime. Join us at this online information session to learn about some of our featured openings and how to qualify. Learn about Volunteer experiences, ask questions about service, and gain tips to guide you through the application process.

Agriculture Programs

March 25, 2018 | 12:00 – 1:00 pm MT

Online | Register at https://www.peacecorps.gov/events/info-session-agriculture-programs-2018325/

Apply your agriculture know-how overseas to help feed our world. The Peace Corps needs agriculture specialists to address global food security, conservation concerns and climate change issues at grassroots levels. Help improve a community's livelihood and develop sustainable solutions while gaining global skills.

CONTACT Karyn Sweeney | 480 265 6461 | <u>ksweeney@peacecorps.gov</u> <u>www.peacecorps.gov/events</u>

###

BREAKFAST SERIES CLASSES - 10 Items to Take Care of When Planning Retirement

March 15, 2018 | 8:00 – 9:00 am | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Online registration required: https://colorado.feb.gov/register/?ee=439

INSTRUCTORS | Federal Retirement Benefits CONTACT Jeff Conn | 303 202 4588 | <u>jconn@colorado.feb.gov</u>

###

2018 FEMALE VETERAN WORKSHOP

March 24, 2018 | 9:00 am - 12:00 pm | Victor Candlin Post 18, 809 30th Ave, Greeley, CO | RSVP: Deb Davis | 720 771 0344 | helen.k.osmundson206@gmail.com

###

BREAKFAST SERIES CLASSES – Phased Retirement

March 27, 2018 | 8:00 – 9:00 am | | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Online registration required: https://colorado.feb.gov/register/?ee=432

INSTRUCTOR | Ann Vanderslice CONTACT Jeff Conn | 303 202 4588 | <u>jconn@colorado.feb.gov</u>

###

CFEB FERS RETIREMENT CLASS

March 28, 2018 | 8:30 am - 4:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO | Cost: \$130 | Online Registration: https://colorado.feb.gov/register/?ee=421

For federal employees in the newer of the two federal systems, this class teaches you how to get the most out of your federal benefits. Topics include:

- How to calculate your pension
- How to maximize your sick, annual leave, & survivor benefits
- All insurance benefits
- Everything you need to know about the Thrift Savings Plan

INSTRUCTOR | Ann Vanderslice CONTACT Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

CIVIL DISTURBANCE TABLE TOP TRAINING EXERCISE

April 4, 2018 | 8:30 am – 12:00 pm | Denver Federal Center, CFEB Training Room, Bldg. 25 Online Registration: https://colorado.feb.gov/register/?ee=433

CONTACT | Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

CFEB CSRS RETIREMENT CLASS

April 11, 2018 | 8:30 am - 4:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO | Cost: \$130 | Online Registration: https://colorado.feb.gov/register/?ee=422

With the most complex set of government benefits including sick leave, annual leave, health insurance, life insurance, long-term care insurance and a complicated set of rules for calculating retirement benefits, the CSRS employee can wind up feeling overwhelmed and paralyzed. This class will teach participants how to maximize their CSRS benefits to retire successfully.

INSTRUCTOR | Ann Vanderslice CONTACT Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

BREAKFAST SERIES CLASSES – Women & Money

April 12, 2018 | 8:00 – 9:00 am | | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Online registration required: https://colorado.feb.gov/register/?ee=442

INSTRUCTOR | Ann Vanderslice CONTACT Jeff Conn | 303 202 4588 | <u>jconn@colorado.feb.gov</u>

###

CFEB HALF DAY RETIREMENT CLASSES

Understanding the In's and Out's of your FERS benefits & Social Security 101!

April 25, 2018 | **8 am - 12 pm** | Register: https://colorado.feb.gov/register/?ee=440 April 25, 2018 | **1 - 5 pm** | Register: https://colorado.feb.gov/register/?ee=441

CFEB Training Room | Denver Federal Center | Lakewood CO | Cost: \$65 per class

- How are benefits computed including shortcuts?
- Types of retirement eligibility and the consequences>

- When is the appropriate time to retire, and what are the downsides to different ages and dates>
- What are the considerations for retirement eligibility?
- What about COLA's?
- ♣ What do most people do with survivor benefit choices? Is it different while I'm working versus at retirement?
- Do you understand the benefits of the flexible spending account?
- Breaking down the Social Security barriers eligibility, dual entitlement, timing of taking benefits and more

INSTRUCTORS | Federal Retirements Benefits **CONTACT** Jeff Conn | 303 202 4588 | <u>iconn@colorado.feb.gov</u>

###

FEDERAL CUP 5K WALK, RUN & KIDS FUN RUN

May 19, 2018 | 8:15 am | Denver Federal Center, Bicentennial Park | Registration link is forthcoming

###

HEALTH, SAFETY & SECURITY DAY

June 28, 2018 | 11:00 am - 1:00 pm | Denver Federal Center, Bicentennial Park | More information is forthcoming!!

Exhibits & Vendors:

- Health & Wellness
- Emergency Management
- Safety & Security
- Car Show
- Farmer's Market

###

ONGOING ANNOUNCEMENTS

TSA VOLUNTEER OPPORTUNITY

TSA is seeking individuals that would like to volunteer their time to serve as decoy travelers (hereafter decoys) that would be willing to have limited amounts of explosive training aids either placed on the individual or in their carry-on luggage (provided by TSA), and walking through the airport environment as a terrorist role players.

The requirements are as follows:

- ♣ Decoys must not have health or emotional issues that would preclude working in close proximity to canines. Individuals will perform the decoy role in an airport environment acting as a traveler. In this role, the decoy must not object to being searched by TSA canine; have no fear of being around / near a canine; have no allergies to canines. The decoy must not have health issues that would preclude walking, standing or sitting.
- ♣ Decoys are not permitted to smoke at any time during an exercise or stand closer that Fifty (50) feet from a person who is smoking.
- ♣ Both male and female decoys are required, varying body mass indices and ages are encouraged.
- Decoys must be able to read, write and speak English.
- State, federal and municipal employees or
- Approved SIDA badge holders from the state of Colorado or other airports.
- Active or retired military.

Decoys will be expected to sign a Non-Disclosure Agreement. A safety briefing will be conducted prior to the training event. The decoy will be required to sign a safety briefing consent form. Training aids will remain under the control of TSA. Aids can be safely worn or carried by decoys as long as the decoy follows the protocols delineated in the safety briefing provided before each training event.

We will be holding ongoing training sessions with varied times. If interested, please reach out to our Program Assistant John Ramirez directly at 303-870-6270 or email <u>DEN_K9@TSA.DHS.GOV</u>

UNITED SERVICE ORGANIZATIONS (USO) PATHFINDER PROGRAM (TRANSITIONS SERVICES)

M-F |8:00 am – 4:00 pm | Fort Carson |1638 Elwell St, Bldg. 6236 Rm 127 | CO Springs, CO CONTACT | Ron Kriete | 719 338 9322 | rkriete@uso.org | www.USO.org/pathfinder

Support from the USO doesn't end when you leave the military. USO Pathfinder extends the USO experience to you and your family as you transition from military service and settle into your new civilian community.

TRAINING @ DOI UNIVERSITY

https://doiu.doi.gov/catalog.html?type=sp&id=lakewood

Denver Federal Center | Bldg. 53, Denver, CO

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.

CONTACT Pam Stovall | 303 236 0061 | Pamela Stovall@ios.doi.gov

USGS TRAINING

USGS offers Instructor led, On-line, Virtual and User-Defined classes. Click on the link for a list of scheduled classes | https://www2.usgs.gov/humancapital/doilearn/
CONTACT Nancy Gregory | 303 445 4668 | ngregory@usgs.gov

DENVER COMMUNITY EMERGENCY RESPONSE TRAINING PROGRAMS

http://www.denvergov.org/oem | DenverCERT@denvergov.org | 303 725 3084

###

TOASTMASTERS CLUBS

Arrowhead Toastmasters Club

Tuesday's | 12:00 - 1:00 pm | National Park Service | 12795 W Alameda Pkwy | Lakewood CO (open to the public, but ID required at security check-point) | Rick Barrett | 303 969 2606 | rick barrett@nps.gov | http://4435.toastmastersclubs.org/directions.html

Commerce Communicators

1st & 3d Thursdays of the month | 1 - 2 pm | Boulder Labs campus CONTACT | Amanda Koepke | 303 497 4047 | amanda.koepke@nist.gov

Denver Federal Center Dam Good Speakers Club

Tuesdays | 11:30 am - 12:30 pm | DFC Building 67, Denver CO | Open to federal employees vpm-3028571@toastmastersclubs.org | http://damgoodspeakers.toastmastersclubs.org/

Golden SpeakEZ club – On the NREL campus

Thursdays 12:00 – 1:00 pm | Meet at reception | Open to federal employees CONTACT | carrie.noonan@ee.doe.gov | 720 356 1644

Interior Business Center ASC Speakeasy Club

Wednesdays | 11:30 am - 12:30 pm | Meet at the Building 7301 Security Desk by 11:15 am | Open to all | CONTACT | Mike Novick | 303 969 5013 | mikeal novick@ibc.doi.gov http://ascspeakeasy.toastmastersclubs.org/

###

VAN & CARPOOL

AURORA OLYMPIC PARK TO INTERIOR BUSINESS CENTER

7301 W Mansfield | Denver CO 80235 ROUTE | Strasburg – Yale& Chambers – I225 –I25—Hampden - Wadsworth Blvd DUTY HOURS | Mon – Fri | 6:30 am – 3:45 pm CONTACT | Jacque Ganger | jacqueline a ganger@ibc.doi.gov | 303-969-6606

LOOKING FOR ADDITIONAL VANPOOL WESTMINSTER TO LAKEWOOD

92nd and Sheridan Park & Ride TO Denver Federal Center and WAPA Need 2 drivers/riders | DUTY HOURS | Mon – Fri | 6:30 am – 4:00 pm CONTACT | Angela Sigala | sigala@wapa.gov | 720.962.7081

FORMING NEW VANPOOL CASTLE ROCK TO DENVER FEDERAL CENTER

Meadows Pkwy & I25 to Denver Federal Center
Need 3 drivers/riders | DUTY HOURS | Mon – Fri | 6:30 am – 3 pm
CONTACT | William Benzel | wbenzel@usgs.gov | 303 236 2444

FORMING NEW VANPOOL MONUMENT TO DENVER FEDERAL CENTER

HWY 105 Park & Ride TO Denver Federal Center

Need five drivers/riders | DUTY HOURS | Mon – Thu | 6:00 am – 4:30 pm

CONTACT | David Gwisdalla | gwisdalla.david@epa.gov | 303.462.9307

Vanpools needing riders are listed on the CFEB web site https://colorado.feb.gov/resources/van-pools/

If you would like the CFEB to add your van or carpool to the web site, email the information to jconn@colorado.feb.gov

###

HEALTH DOES MATTER

Veterans Free Monthly Non-Narcotic Care Clinics

Held monthly | 9:00 am - 1:00 pm | Various Locations: www.healingwarriorsprogram.org
Denver Clinic | 2d Saturday of the Month | VFW Post 1, 841 Santa Fe Dr. Denver, CO
Longmont Clinic | 3d Saturday of the Month | Nat'l Guard Armory, 1512 N. Main St, Longmont, CO

CO Springs Clinic | 4th Saturday of the Month | American Legion Post 209, 3613 Jeannine Dr, CO Springs

Clinics designed to help those that have served our country. Please bring proof of military service, i.e. DD214 or military ID. Open to all service members and the spouse/partner/parent.

Healing Horses for the Armed Forces

CONTACT | Suzy MacKenzie | 303 596 2784 | <u>eaglesnestranch501@gmail.com</u>
Active duty and Veteran service members, as well as their family members are invited to come to the Eagles Nest Ranch and spend time with a horse free of charge.

Yoga @ DENVER FEDERAL CENTER - WELLNESS CENTER

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | kiel.hovland@gsa.gov

Tuesday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates **Thursday's** | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Sue Doty | Pre-register @ 720-252-7935 | dotys1@yahoo.com

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

FEHB VIRTUAL SERVICE

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am
Hosted by Kaiser Permanente | 1 800 632 9700 | kp.org/feds
CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #
ONLINE | www.kpfedtalk.org | kpfedtalk1 | Follow prompts for audio

###

JOB ANNOUNCEMENTS

https://www.usajobs.gov/

Helpful hiring tips from USAjobs.gov - https://help.usajobs.gov/index.php/Main-Page Links to information on building your resume, etc. - http://www.fs.usda.gov/main/r3/jobs/outreach

US Department of Labor, Office of Workers' Compensation Programs, Lakewood, CO

Workers' Compensation Assistant | GS 07

https://www.usajobs.gov/GetJob/ViewDetails/491201000 https://www.usajobs.gov/GetJob/ViewDetails/491201900

Workers' Compensation Claims Examiner | GS 07 - 09 https://www.usajobs.gov/GetJob/ViewDetails/491202400 https://www.usajobs.gov/GetJob/ViewDetails/491203300

Food & Drug Administration, Silver Springs, MD

Training Specialist | GS-1712-11/12 https://www.usajobs.gov/GetJob/ViewDetails/491034400

###

CFEB EMAIL ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to jconn@colorado.feb.gov in the following format.

Title
Date | Time
Location | 3333 W 32 Ave | Denver CO (no punctuation)
Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences) CONTACT Name | 303 333 5555 | email Website

Recent CFEB announcements are posted on the CFEB web site https://www.colorado.feb.gov/index.php?content=10&page=Announcements

###

Have a safe and wonderful Weekend.

V/r

Fred Eidson | Executive Director | feidson@colorado.feb.gov
Jeff Conn | Deputy Director | jecnn@colorado.feb.gov
Colorado Federal Executive Board (CFEB) | 303 202 4588 | http://colorado.feb.gov/index.php

Working for the greater good by creating partnerships for intergovernmental communication & collaboration!

Please email <u>jconn@colorado.feb.qov</u> to subscribe or unsubscribe from CFEB email